



## Professional Development Day & BTPA 2019 AGM

**Saturday 5<sup>th</sup> October 2019**

**Claverdon Church Centre, Claverdon, Warwickshire, CV35 8PD**

**Annual General Meeting 9:00 – 10:00 (BTPA members only)**

**Professional Development Day 10:00 – 17:00 (all Bowen Therapists)**

→ **Bowen Therapy Professional Association Annual General Meeting:**

**All BTPA members are welcome to attend the AGM.**

**08:45 – 09:00: Arrival, registration and refreshments**

**09:00 – 10:00 BTPA AGM**

→ **Professional Development Day:**

**All Bowen Therapists are welcome to attend the Professional Development Day.**

**Fee £45.00 members (£55.00 non-members) - refreshments and lunch included**

**10:00 – 10:30: Refreshments and welcome**

**10:30 – 11:45 Paula Esson**

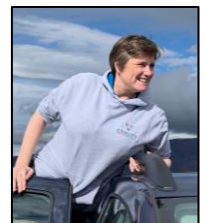
**The Bowen Technique: How we balance the Central Nervous System.**

Neurological disruption is an excellent way to keep "functioning". By adding in compensatory stimuli across a range of neurological responses and reflexes is the primary way our bodies adapt and perform. When this becomes a change "too far", symptoms and pain commence.

We know that Bowen contributes to helping here, but what are the actual mechanisms

involved? This talk goes beyond fascia and looks closely at the neuro-science. Fun and complicated all at the

same time. Inspiring and exciting, we will be able to breath new " ohhhh " moments in this practical presentation of "how and why we do what we do".



**About Paula:**

As a sport scientist, I've been involved with the Bowen technique for over 20 years. I see the work as highly intelligent whilst maintaining its simplicity. A vehicle to allow people to live their lives with freedom of movement and somehow as "themselves". Bowen is the "lighthouse" of therapies and I work to maintain this feeling of space, freedom and individual intuition in all the clinics and teaching I have and am involved in. Each interaction a positive experience full of opportunity, progression and positivity amongst a dose of reality in relation to human function. May it stay this way :-)

## **11:45 – 13:00 Sylvia Wilkinson**

### **Using Bowen Therapy in a Supporting Role with Cancer patients**

In my role as a Bowen practitioner over the past 23 years I have treated many clients who have presented with a Cancer diagnosis, which unfortunately appear to be increasing in number for whatever reason.



I would like to share with you some of my knowledge and experiences in this field. As you know we don't treat the condition but treat the person with the condition, so generally it is the side effects of their treatment that we are generally presented with.

I have been working in a Cancer Support center for the past year and have found it a rewarding yet humbling experience.

### **About Sylvia:**

As many of you will already know, I have been a teacher with ECBS (CBS) since 2000, having spent my life spreading the word and knowledge about our amazing therapy, meeting students and practitioners far and wide, some of whom have become my dearest friends. I also still run my own private clinic from my home, which I share with my always supportive husband Kevin, which I started back in 1986 as a reflexologist when our children were small. As with many people it was a way of earning a living without too many overheads. My children now have children of their own, which means I am a Grandma - how did that happen so quickly? But it does mean that I now have the pleasure in my semi-retired state to enjoy their wonderful company, whilst still being able to share the Bowen Technique with friends, family, clients and colleagues far and wide.

## **13:00 – 14:00 Lunch – a buffet lunch is included**

## **14:00 – 14:15**

### **Update on the Tom Bowen Legacy Trust Fund**

## **14:15 – 15:15 Anneke Loode BSc, MCSP, HPC Reg**

### **Emmett and Bowen**

An exploration of how these two techniques can complement each other for the benefit of your client.



### **About Anneke:**

Anneke has worked in clinical practice since qualifying as a physiotherapist in 1991, with a caseload of mostly musculo-skeletal problems and sports injuries. She also qualified as an orthopaedic manipulative therapist (1999), a Bowen Therapist (2001) and an Emmett Therapist (2008). Anneke strongly believes in the holistic approach to treatment and, due to her curious nature, has done numerous workshops on a wide variety of healthcare and healthcare related topics.

She set up The Bowen School for Healthcare Professionals in the UK in 2003. In 2011 she started teaching EMM-Tech days and is a licenced Emmett Instructor since 2013.

Having knowledge and experience within the regular as well as the complementary sector of healthcare contributes to bringing these sectors closer together and helps practitioners to become better, more complete therapists.

She has lived and worked in England between 1996 and 2013 when she moved to Lanzarote. In 2015 she returned to England. Anneke currently teaches in the UK, The Netherlands, Belgium, Croatia, Slovenia, Portugal, Romania and the USA and also works in The Portland Physiotherapy and Sports Injury Clinic in East Grinstead, where she integrates all modalities within her scope into a patient specific treatment.

Outside work she loves playing volleyball, walking, preferably up a mountain, reading and writing. Her motto in life, in teaching and in treating:

*"The meaning of life is to find your gift. The purpose of life is to give it away." Pablo Picasso*

**15:15 – 15:45 Tea break**

**15:45 – 16:45 Beryl Feely**

### **1 In 3 Women And 1 In 10 Men Have Pelvic Floor Problems**

The above statistic comes from the NHS – and this is only those people who seek help. Many more are too embarrassed to admit to having pelvic floor problems. These problems can affect the quality of life of men and women of any age. There are various reasons why the pelvic floor may be dysfunctional, but the good news is that there is something you can do about it.



This presentation will give an overview of the anatomy of the pelvic floor, its function and dysfunction, conditions and interventions. This will be followed by a practical session and you are invited to participate in exercises with Pilates principles aimed at identifying and isolating the pelvic floor muscles as well as improving strength and function.

Part of the session will be lying on the floor, but it is also possible to participate whilst seated. So please bring a mat, blanket or towel to lie on and wear clothes that you can move in easily. No previous Pilates experience is necessary.

#### **About Beryl:**

Beryl has been a Pilates teacher for 19 years and a Bowen therapist for 13. Whilst these two techniques have different approaches, they complement each other.

Beryl qualified as a Bowen therapist in 2006 with ECBS (now CBS) and subsequently completed the Neurostructural Integration Technique basic and advanced courses.

Beryl trained as a Pilates teacher with Michael King and the Pilates Institute, attaining the highest-level fitness industry qualification. She is also an Exercise for Low Back Pain Management practitioner teaching group mat classes and working with individuals on a 1-2-1 basis.

**16:45 – 17:00 Feedback and Close**

**Each presentation will include a question and answer session**

## Booking Form:

To be completed by all delegates

Name:.....

Address:.....

.....Post code: .....

Email address: .....

Phone No: .....

Catering: A buffet lunch is included. Please tick here if you require vegetarian.

**Privacy Policy:** I understand that the information provided here will be kept safely and securely in line with the Data Protection Policy of the Bowen Therapy Professional Association. (This policy is available on our website [www.bowentherapy.org.uk](http://www.bowentherapy.org.uk).) I agree to be contacted and sent information by BTPA and understand I can unsubscribe at any time by contacting [ask@bowentherapy.org.uk](mailto:ask@bowentherapy.org.uk).

I agree to be contacted by: (Please tick) phone:  SMS/text:  email:  post:

Signed ..... Date .....

### AGM: 9:00 – 10:00

All BTPA members are welcome to attend. Please arrive at 8.45 am to sign in & for refreshments.

Please reserve me a place at the AGM: - Please tick

Agenda and Committee elections & nominations form will be sent to all members in due course

### PROFESSIONAL DEVELOPMENT DAY: 10:00 – 17:00

(The maximum number for this day will be 70 delegates)

All Bowen Therapists are welcome to attend. Please arrive at 10:00 am to sign in & for refreshments.

Please reserve me a place on the Development Day: - Please tick

BTPA members bookings	£45.00	
Non-BTPA members (£10 refundable for those signing up for membership on/or before the day)	£55.00	
<b>Cancellations made within 14 days of the event are non-refundable.</b>	<b>Total</b>	<b>£</b>

Please tick:-

**BACS payment.** Bank: HSBC, Sort code: 40-34-24, A/C 31399896, Please use your membership no/name as reference.

**Paypal:** send to [treasurer@bowentherapy.org.uk](mailto:treasurer@bowentherapy.org.uk)

**Cheque** payable to BTPA

Scan and email booking form to [ask@bowentherapy.org.uk](mailto:ask@bowentherapy.org.uk) or post to: **PO BOX 7804, DAVENTRY, NN11 1GP**

**For office use:** Date received.....Payment received..... Receipt no.....